

10 Parts of the Catholic Faith that You (and Your Kids) Should be Excited About!

Resource from catholicsprouts.com

1. The Catholic Church Alone Teaches with Authority

- a. The Catholic does not leave us to troll the Bible for our own answers to tricky modern questions. No, instead the Church still uses the authority that Jesus gave to Peter to teach. When an issue comes up that is not addressed in the Bible the Church calls a council, studies, debates and prays about the issue, all under the guidance of the Holy Spirit. And then, the Church teaches what is true with authority.

2. The Pope

- a. As Catholics we all have the same spiritual father, the Pope. The office of the Pope began with Peter and has endured to this day. Not all Popes have been saints, but they all have stood as a single unifying figure for our Church that spans all continents and races of people.

3. A Rich History

- a. The Catholic Church was founded by Jesus Christ Himself. Since that time the Church has existed and continues to exist. The Church has played a role in all of history since Christ--sometimes a good role, and sometimes not, and yet, the Holy Spirit has guided the church through it all. It is fascinating to learn this history!

4. True Understanding of Beauty

- a. The Catholic Church reminds us that all beauty comes from God. For this reason our churches are beautifully constructed and filled with amazing art. When something beautiful stirs our heart, it is calling us to contemplate God. Our Church also helps us understand what true beauty is.

5. Mary, Our Mother

- a. Jesus gave us His mother while He died on the cross. Since that time Mary has worked as our loving mother, knowing and helping each of us, both while we walk this earth and afterward. She is our great advocate and we are blessed to belong to a church that appreciates her!

6. The Communion of Saints

- a. The saints offer us two amazing gifts. First, we can learn from studying their lives and their writings what it takes to really seek after holiness and follow God, the sacrifices and the rewards. The saints also offer us their prayers and support from heaven. They are at the feet of God, so they can be powerful intercessors for our families.

7. Confession

- a. Although very few people enjoy confession, we are so lucky as Catholics to have this sacrament. Our priests take their time to hear our sins, council our hearts and, acting in the place of our loving God, offer absolution. What a gift!

8. Purgatory

- a. Purgatory is a great blessing because it offers believers a 3rd option after this life is done and proves even further that our God is a God of mercy. To get to heaven we must be perfect. Thank goodness we can a “second chance” to reach heaven by becoming more perfect in purgatory.

9. Theology of the Body, and other teachings on “tough” topics

- a. Many people take issue with the fact that the Catholic Church teaches on such personal topics as Birth Control and Homosexuality. But, this is really such a gift. I love that our Church cares more about our holiness than our happiness and is not afraid to teach things that might be unpopular. All of these teachings are true and directed by the Holy Spirit.

10. Jesus in the Eucharist

- a. Easily the most incredible part of the Catholic Faith is the Eucharist, the True Divine Presence of the Jesus Christ present at each and every mass. There is no comparison between the Catholic Mass and the services of other Christian denominations. We have Jesus, His true presence, and they don't. The Eucharist is, without a doubt, the most amazing part of our faith and therefore it should be the thing we are most excited to receive and share with our children.

I hope this was helpful!

For more teaching resources and support in the good work of teaching the faith, head to www.catholicsprouts.com

Your sister in Christ,
Nancy